

Norfolk

VIRGINIA



NORFOLK MRC NEWS

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Contact NMRC:

Linda Botts
830 Southampton Ave.
Norfolk, VA 23510
Linda.Botts
@vdh.virginia.gov
(O) 757-683-2760
(F) 757-683-2753

GIVING THANKS

We have had an incredible season. Over the last six months, we have participated in or supported:

- Eleven community health events, supporting the Abstinence Program, the STD clinic, health screenings for minority families, and flu vaccination, cholesterol, glucose, and blood pressure screenings in the community;
- Four preparedness events, reaching out to community members of all ages with information on preparing for both public health and weather events;
- Five different first aid and CPR courses, participated in the NDPH nursing skills assessment, and gotten several volunteers trained as fit-testers for respirators;
- Five different NDPH administrative needs, including performing inventories and staffing reception areas for both our dental and immunization clinics;
- We have helped out regionally, assisting our MRC partners in Virginia Beach and Suffolk with first aid tents for the Rock'n Roll Half Marathon and the Suffolk Peanut Festival. We also

provided first aid services at the Norfolk Senior Olympics for the first time this year;

- Several volunteers helped with a recruiting event at ODU, and MANY of you have recruited friends and family (*thanks!*);
- Two regional exercises at the Rock'n Roll Marathon and the Norfolk Airport, and two VVHS drills for National Preparedness Month and the Great Shakeout;
- Two dessert meetings, offering volunteers a chance to get to know NDPH departments and services better, as well as a new Environmental Health Services volunteer shadowing opportunity;
- Two leadership meetings to discuss supporting and improving the volunteer experience; and
- We have revised and reinvigorated our partnership with the EVMS HOPES clinic by providing communications information and guidance.

When I say "we", I really mean YOU. This is your time in service and learning and your expertise at work. Thank YOU for all YOU do!



Homeless Connect Donations Update

Please keep collecting those bags, backpacks, and duffle bags. Here is where we are for the Homeless Connect event on 1/15/14.

Please drop your donations off with Linda and I'll add the items to the spreadsheet. ~Ann Straus

Items still needed for the hygiene packs are:

combs	142
razors	18
tissue	66
toothbrushes	110
Toothbrush cases	150
shampoo	126
toothpaste	35
vaseline/lotion	77
deodorant	74
Wet wipes	150
Bags/ Backpacks	101

Thank you for your support!

Training Tidbit & Supplies Update

If you're interested in Epidemiology:

If you missed the recent video-conference series on Epidemiology put together by VDH, the University of North Carolina Center for Public Health Preparedness has put together an epidemiology series designed especially for MRC volunteers. To help prepare MRC or other volunteers to provide surge capacity to state, regional, or local epidemiology staff during a public health emergency, the UNC Center for Public Health Preparedness developed a 3-module training series with a particular focus on conducting outbreak investigations. The series covers a basic introduction to epidemiology and an overview of outbreak investigations, particularly related to conducting interviews.

[Medical Reserve Corps](#) training series:

- Introduction to Epidemiology
- Outbreak Investigations
- Interviewing Techniques

This training is free and is not required, but if you are interested, please click on the blue MRC link within the article to get started.

Change your clock, check your stock:

The switch back to Standard Time this Sunday, November 3, is the perfect opportunity for you to check your family emergency stockpiles, change batteries in radios, replace expired food items, rotate items in the kit, update family information, or determine if there are any items that are missing.

An emergency preparedness kit is a first step to ensure families and businesses can sustain themselves in the event of an illness outbreak or a natural disaster. Family emergency supplies can be contained in a new, large trashcan, a backpack or a suitcase and can be assembled over several months by adding just one or two items to a grocery list. A household preparedness kit should include enough supplies to sustain everyone in the household for at least several days, if not longer.

Recommendations for a family emergency preparedness kit include:

- Prescription and over-the-counter medications, or a list of medications taken with dosages
- Toiletries
- First-aid kit
- Battery-operated radio
- Flashlight(s)
- Extra batteries for flashlight(s) and radio(s)
- Special items as needed for babies, children, seniors, mobility-impaired, pets
- Copies of important documents
- Cash
- Non-perishable food, ready-to-eat canned meats, soups, fruits, vegetables, peanut butter, protein bars, utensils, can openers, sterno heating
- One gallon of water per person per day and fluids with electrolytes that will last for up to two weeks

For more information, visit Ready.gov

Upcoming Training and Activities

NOVEMBER

11/2 Mass Casualty Incident (START) training, 9:00A-2:00P. Tidewater EMS Council, Chesapeake.

11/5 POD Exercise, Vote & Vax. Park Place Recreation Center.

11/7 EMS Symposium.

11/9-10 Freedom Marathon, Town Point Park.

11/11 Veteran's Day, NDPH/NMRC offices closed.

11/12 Psychological First Aid, 12:30-4:30P. Virginia Beach Health Department.

11/13 Psychological First Aid, 6:30-9:30P. Norfolk Health Department.

11/14 Epidemiology for the Non-Epidemiologist: Epidemiology Applications (Videoconference), 9:00-10:30A. Norfolk Health Department.

11/27-11-29 Thanksgiving, NDPH/NMRC offices closed.

DECEMBER

12/5 MRC dessert meeting, 6:30-8:00P. Dr. McCoy will be speaking on the new NDPH travel clinic.

12/14 Girls on the Run. More information to come.

12/24-12/25 Holiday break, NDPH/NMRC offices closed.

JANUARY

1/1 New Year's Day, NDPH/NMRC offices closed.

1/15 Project Homeless Connect. *Participation in this event will count toward meeting your exercise requirement.* More information to come.

1/16 MRC Nursing Skills Assessment, 6:30-8:30P. More information to come.

1/17 & 1/20 Lee/Jackson Days, NDPH/NMRC offices closed.

1/25 MRC Annual Meeting, 11:00A-2:00P. More information to come.

Every Body Walk!

Every Body Walk! is a campaign aimed at getting Americans up and moving. The campaign is working to spread the message that walking 30 minutes a day, five days a week really can improve overall health and prevent disease! Check out this link to their Walking Revolution video at <http://vimeo.com/65986201#at=0>, which is a great tool for discussion on how to make walking part of our lifestyle. The Every Body Walk! Web site <http://everybodywalk.org> also has news and resources on walking, health information, a personal pledge form, and personal stories.





Renee Genora and Melissa Presnell as zombies at the Zombie Apocalypse on October 12th; Peggy Troyer and Sean Hess work with small groups of EVMS students in the HOPES Lecture Series on October 18th.

Volunteer Spotlight

We had great participation this month for a number of different community endeavors, from preparedness to abstinence education, from working with EVMS in communications to working with our public school kids in the BMI project, and more. We are developing new and different capacities within our unit thank to your commitment and expertise.

Thank you to our zombies and supporting cast at the Zombie Apocalypse and Other Public Health Preparedness town hall event: **Revonna Bieber, Crystal Exhem, Dean Withroder, James Haynes, Ciara Clark, Melissa Presnell, Renee Genora, Ken Hart, Kerreen Hart, Tonya Faltz, Melody Johnson, Ann Straus, and Jim Hahn.** A great time was had by all.

Thank you to **Renee Genora, Crystal Exhem, and Peggy Troyer** for their assistance in providing first aid at the Suffolk Peanut Festival. It's the first time we've headed west to help out, and the Western Tidewater district was really thankful for your support.

Thank you to **Sean Hess and Peggy Troyer** for their time and effort in pulling together and facilitating the EVMS HOPES Lecture Series, helping to provide professional communications information to M1 and M2 students.

Thank you to our volunteers who continue to support the Abstinence

Education Program by becoming facilitators and promoting the program at community events: **Alisha Anthony, Tonya Faltz, Avie Howard, Crystal Exhem, Dean Withroder, and Sean Hess.**

Thank you to our newly-minted fit-testers **Shatada Floyd-White, Tom Russel, Sean Hess, and Ann Straus.** They will help to provide fit testing services to both volunteers and staff if the need should arise.

Thank you to our BMI Project Computer Operators **Lisa Billow, Ann Straus, Tonya Faltz, Tom Russel, Kerreen Hart, and Ken Hart.** The department is very grateful for your support on this long-term project.

Thank you to the NMRC Leadership Advisory Group for their input into unit activities and development, especially **James Haynes, Peggy Troyer, Tavia Petway, and Jim Gosney.** I really appreciate your help!

Thank you to **Shatada Floyd-White** for her time and initiative on developing the MRC Nurse Skills Assessment Training. Look for this training to come out in January.

Thank you to **Tom Russel** for his continued work in the NDPH Ready Room testing our communications and keeping our other immediate preparedness supplies in top shape.

Thank You!